

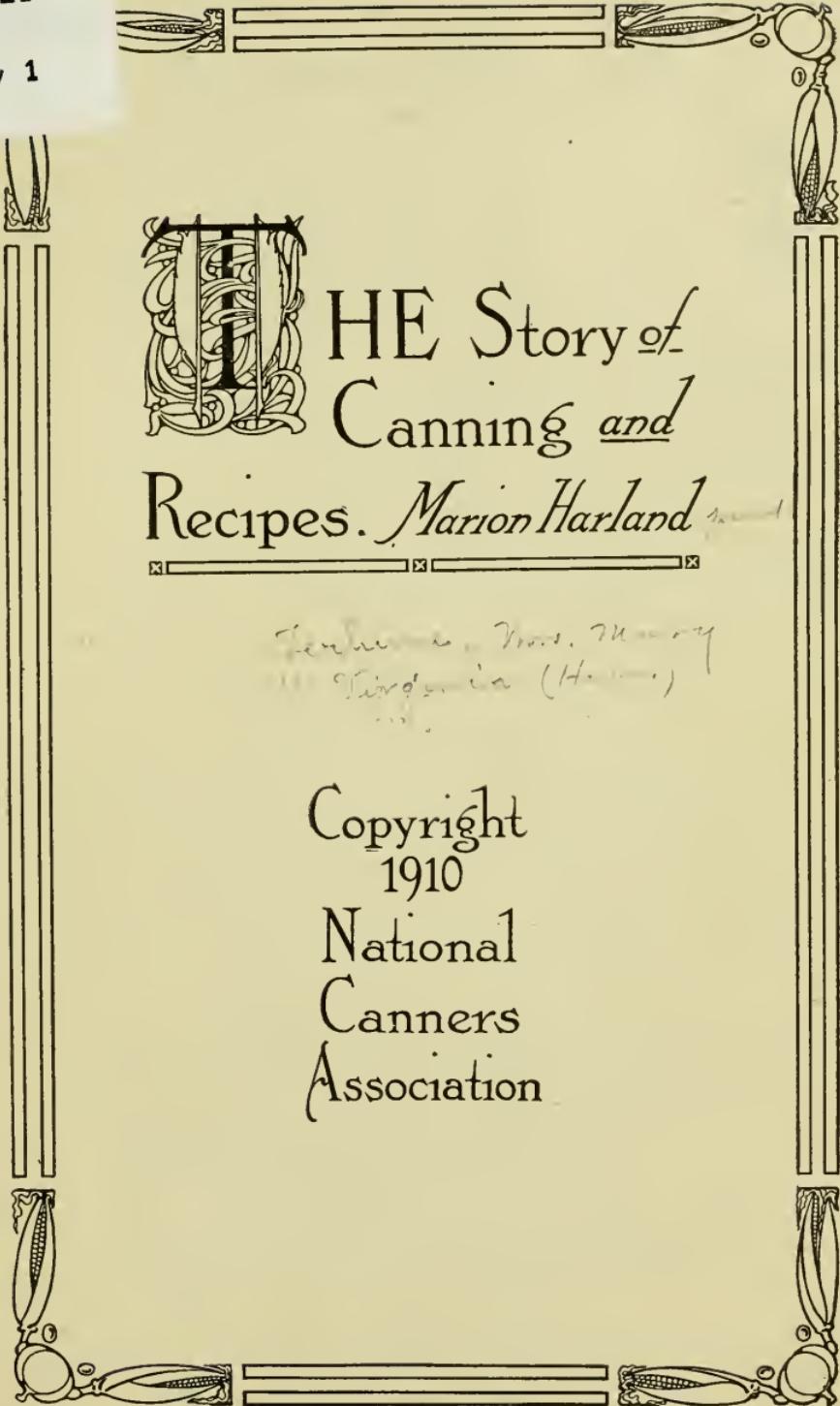
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THE Story of
Canning and
Recipes. *Marion Harland*

*Presented to Mrs. Mary
W. Singleton (Harland)*

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The Story of the Canning Industry



O the humane reader who is likewise gifted with a lively imagination there is actual pathos in the efforts made through immemorial ages, to preserve for the use of mankind what Scripture has taught us to call "the kindly fruits of the earth."

When Science was in her cradle, even the imperfect appreciation of the nutritive, alterative and curative properties of esculents and fruits created the desire to preserve them for use when they are out of season. Natural instinct, which civilization has blunted, not destroyed in the human race, detected the values of that which is the life and essence of all green and growing things—SUCCULENCE. What we would be without the bounding blood, foods are when the sap is extracted or solidified.

The supreme importance of fruits and vegetables in the dietary of Man cannot be over-estimated. The succulence of which I have spoken regulates the biliary secretions and the action of the digestive organs, and purifies the blood. Drain off the sap from these, and we have tissue and fibre that tax the assimilative powers of organs we would strengthen. Yet for a long line of centuries, mankind knew but two methods of protracting the usefulness of the most precious products Mother Earth offers her children. These were Desiccation and Salt. We need not go back to the period ante-dating the Christian Era when the sons of Ishmael dried the yield of the date-palm, subjected it to powerful pressure, and packed it into bags for the daily food of caravans toiling over trackless wastes of sand where no vegetation ever struck root. Nor to the savage tribes of Tartary and their rations of dried horseflesh. Nor yet to Northern nomads with their winter diet of parched maize

29, 1911.

and jerked buffalo meat. The Arab was not supposed to comprehend that date-juice became granulated sugar, the pulp of the fruit tough and innutritious, and the skin parchment. Nor Tartar and Indian to give thought to the like transformation of juicy flesh into "hides and leather."

Within my own recollection, and after the magnetic telegraph had circled the earth, and steam-ships were making the far isles of the sea our neighbors, housewife and agriculturist held steadily to Salt and Desiccation as the prime agents in the endeavor to carry over into winter the life-giving foods of bountiful summer and autumn. We stewed down fruits in sugar until they lost all distinctive flavor. We dried apples, beans, peas, corn and tomatoes in the sun. When we hit upon the expedient of salting down green corn, then shutting out the air by pouring lard upon the surface, we were proud of the achievement.

How universal throughout civilized nations was the yearning to perpetuate the gracious influence of the aforesaid "kindly fruits", is illustrated by the offer of the French government in 1795, of a prize of what would be in our currency, two thousand four hundred dollars, "for the most practical method of preserving Food." The sum was equivalent to double that amount in our day. Yet it was fourteen years before any record of a successful attempt to solve the mighty problem was recorded.

Then appeared a "Monograph upon the Art of Preserving Animal and Vegetable Substances", approved and paid for by the National Authorities appointed to undertake the task. One Nicholas Appert signed a receipt for the prize money.

In a most interesting, instructive and suggestive lecture delivered at the recent Pure Food Exhibition in New York City, by Mr. Hugh S. Orem, President of the Booth Packing Company of Baltimore, he says:

"From that time to the present, Appert has been regarded as the Father of a Science which has proven

to be a boon to all mankind. To perpetuate his memory France has erected a monument of enduring bronze."

Yet, forty years thereafter, we find scientific men shaking doubtful heads over the claims of daring adventurers into the realm of practical demonstration of the possibility of preserving fruits and vegetables for an indefinite period by subjecting them to intense and continued heat and sealing them up in boiling hot air-tight cans.

The infant and audacious industry dealt for several years with tomatoes and peaches only. We paid gladly fifty cents for a quart-can of tomatoes, and a dollar for the same quantity of peaches. One of my earliest investments in table delicacies after I went to housekeeping was an order upon a New Jersey Canning Company for three dozen cans of peaches, for which the bill was thirty-six dollars!

This was in 1857.

It was a far cry from the French savant of the eighteenth century and his discovery of a half-truth, to the prince of Physicists who wrought with the "eternal patience" which was Michael Angelo's definition of genius, through a score of years, to establish or refute the hypothesis of "spontaneous generation"—Meanwhile, humbler toilers were working their way slowly but surely toward the same goal. If spontaneous generation of malevolent germs were a myth, reasoned the physicist, decomposition might be averted indefinitely by killing malevolent bacteria in any substance and excluding the germ-laden air from it permanently. The un-scientific Canner learned by actual experiment, that putrefaction might be kept at bay by heating his fruits or vegetables and sealing them while at the boiling point.

Still working along the same lines—the one in the interests of abstract Science, the other with a definite and practical end in view—the seekers after truth arrived at the same conclusion.

In 1874, Tyndall submitted to the Royal Society

the results of his attempts to sterilize infusions of cucumber, beetroot, turnip, parsnip, new and old hay, by boiling. He alludes to "astonishing cases of resistance to sterilization" registered by other and eminent physicists. He had tried to sterilize each and all of the substances named, and established as an incontrovertible fact that, whereas, living bacteria were killed by continued boiling for from half an hour to forty minutes, the hardier germs (what the unscientific would describe as "eggs") retained the principle of life, and developed into activity after the infusion cooled.

Says one of the great man's disciples:

"Professor Tyndall found that he could not sterilize an infusion of old hay without boiling it continuously for several hours." Our intelligent Canner had not waited for the magnate's dictum. Read the following extract from a recent report of the manner of securing vegetables against the chances of decomposition, issued by a prominent firm of manufacturers of "Canned Goods":

"Think of cooking corn under pressure at 250 degrees, sixty-five minutes! Of cooking peas under pressure at 245 degrees for forty-five minutes, and compare it with the methods of the housewife used in the home where fruits and vegetables are to be served on the table."

This matter of sterilization was practically unknown to our ancestors. Even in hospitals, the imminent importance of destroying bacteria that might cling to instruments in the operating room, received hardly a thought. Now, lancet, forceps and scalpel—the very scissors used by the nurse in clipping the threads of a bandage—are passed through the scalding bath before they approach the patient. Our children are taught that to eat with dirty hands is not only slovenly, but dangerous.

Yet—and herein is mystery!—the methods of the conscientious Canner sound to us like fairy tales and exaggerations ludicrously incredible.

For example—when we hear that peas are passed through three waters—two cold, and one hot, before they are (automatically) put into the cans to be cooked, and that, in the process, they are not touched by the human hand except “when they pass along an endless white rubber belt where the cleanest young women pick out a broken pod or discolored pea, should there happen to be one.”

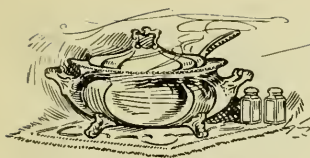
Or, that the highest class of canning establishments are situated in the immediate vicinity of “truck-farms”, with the express design of harvesting the products when they are in their freshest and most succulent prime, and that they are never touched by unclean hands or bruised by ungentle handling.

That—under the action of the Pure Food Laws which are proving Heaven’s own benediction to our generation, it is not practicable to use other preservatives than Heat in the preparation of fruits and vegetables, etc., for the market.

I am persuaded that much that I have said will be as novel to my readers as it was to myself when I entered upon a careful study of this subject. Certain abuses in the Canning Industry had aroused my indignation years ago to the extent of tabooing what the English call “tinned provisions” in the regulation of my family bills-of-fare. I am now moved to this explanation by a sense of justice and the desire to help my fellow-housewife to furnish her table with the most wholesome and palatable food the market affords.

In conclusion, let me enjoin upon the cook who uses the recipes making up the rest of my pamphlet obedience to an inflexible law in the management of canned foods. Never turn the contents of a newly-opened can directly into the vessel in which they are to be cooked. If I have not prefaced each recipe by this injunction, it is from fear of tediousness in the repetition.

Marion Harland



Soups



Lobster Bisque

TURN THE lobster from the can an hour before using, and set in the ice chest. Remove all bits of bone and chop the fish fine. Take out the coral and lay it to one side. When the lobster is minced, measure it. There should be two cupfuls of it. Cover the bits of coral with a quart of boiling water, simmer for five minutes, and pour through a coarse strainer, rubbing the coral to make it go through the perforations. Put the minced lobster into a saucepan, add a cupful of cracker-dust and the coral-water, bring to a boil, season with salt and paprica and stir in four tablespoonfuls of butter. Cover closely, and set at the side of the range. Simmer for twenty minutes, stirring every five minutes to prevent scorching. Put a pinch of baking soda into a quart of rich milk, and heat this in a double-boiler. When scalding hot, pour into it the lobster mixture, beating all hard. Serve with slices of lemon.

Oyster Bisque

OPEN A CAN of oysters, drain off the liquid and put it into a porcelain-lined saucepan; season with salt and paprica. Bring to the scalding-point. Have the oysters chopped fine, and, when the liquor is very hot, stir these into it, and bring to a boil. While the oysters are heating put into another saucepan a cupful of hot milk, add a pinch of soda, and thicken with a paste made of a tablespoonful of butter rubbed into one of cornstarch. Thicken with the milk still more by adding three heaping tablespoonfuls of fine cracker-crumbs, then put in the minced oysters and liquor. Boil up once, stirring all the time, and serve.

Oyster Stew

TURN THE contents of a can of oysters into a saucepan after airing half an hour. Into a double-boiler put a quart of skimmed milk, adding to it a pinch of soda. Set the milk over the fire, and stir into it a great spoonful of butter. When this has melted, set the double-boiler at the side of the range where it will keep hot, but will not boil. Set the oysters and liquor over the fire; bring to a hard boil, and put them into the heated milk. Serve with oyster crackers.

Clam Chowder

FOR THIS popular dish use two cans of clams and a can of tomatoes. Open the cans of clams and drain off the liquid, reserving it for the chowder. In the bottom of a large pot fry a half-pound of salt pork that has been minced very fine, and when it is rather crisp add one onion, minced. Cook the onion to a light brown and pour into the pot the contents of a can of tomatoes, a dozen potatoes, peeled, parboiled and cut into dice, a dozen allspice and a dozen cloves in a little cheese-cloth bag, a saltspoonful of cayenne pepper and two quarts of cold water. Cover and cook for three hours. Break eight pilot biscuit in enough warm milk to cover them. At the

end of the time mentioned take the cover from the chowder-pot and pour into the chowder the soaked pilot biscuit, the clam liquor and the clams, chopped coarsely. Stir well, put the lid on the pot again, and cook for a half-hour longer. Remove the spice-bag before serving.

Cream of Corn Soup

CHOP THE contents of a can of corn very fine, first draining off the liquid. Put the liquid and corn in a saucepan, add a cup of water and simmer for fifteen minutes, closely-covered. Add salt and pepper and a heaping teaspoonful of sugar. Rub to a paste two tablespoonfuls of butter and two of flour, and pour upon them in a saucepan a quart of rich milk into which a pinch of soda has been stirred. Stir until like smooth cream, then add the corn-purée. As soon as the soup is scalding-hot, take from the fire, and pour it upon the yolks of two eggs, beaten very light, whipping the eggs all the while that you are adding the soup. Serve at once in heated soup-plates. This is a delicious purée.

Cream of Pea Soup

TURN THE liquor from a can of peas, and cover them with cold water. In twenty minutes drain the peas, cover with a pint of slightly-salted hot water, and boil until very soft, adding a lump of sugar while cooking. Rub through a colander into a pint of milk that has been heated and thickened with a paste of a tablespoonful, each, of butter and flour. Return to the fire for a minute,, whipping hard while it is reaching the scalding-point, then serve.

Green Pea Soup

TURN THE contents of a can of peas into a saucepan, add a half-dozen sprigs of parsley and several sprays of mint. Boil until the peas are broken and soft, season them with a little sugar and salt and pepper to taste. Rub through a fine colander; return to the fire and stir into the liquid a great spoonful of flour rubbed into one of butter. Stir until quite thick, then add a pint of mutton-stock, bring to a boil and take from the fire. In the bottom of each soup-plate lay half-a-dozen tiny dice or squares of fried bread, and pour the soup upon these.

Cream of Spinach Soup

TURN OUT the contents of a can of spinach and chop the vegetable very, very fine. Thicken a quart of milk with a tablespoonful of butter rubbed to a paste with a tablespoonful of cornstarch, adding a pinch of soda, and keep hot in a double-boiler at the side of the range while you add to the spinach a cup of hot salted water, a tiny pinch of soda, and seasoning to taste. Cook for five minutes, or until the boiling point is reached, then rub the spinach through a colander into the milk, beating this steadily. Take from the fire and serve at once.

Tomato Soup

INTO A QUART of soup-stock that has been skimmed and seasoned, turn the contents of a can of tomatoes. Put over the fire, bring to a boil and cook for ten minutes. Run through a fine strainer, return to the fire, season with salt, pepper, and a few drops of kitchen-boquet, and stir in two heaping tablespoonfuls of raw rice that has been carefully washed. Set the soup where it will simmer gently, but not boil hard. When the rice is tender, add a teaspoonful of granulated sugar to the soup, and serve.

Cream of Tomato Soup

RUB THE contents of a can of tomatoes through a strainer, and put over the fire with a heaping teaspoonful of granulated sugar, a teaspoonful of onion juice and a pinch of baking soda. When the tomatoes are scalding hot, cook together in another saucepan two tablespoonsful of butter and a heaping tablespoonful of flour, and pour upon them a quart of fresh milk. When this has been stirred to the consistency of rich cream, season the tomatoes with salt and pepper to taste and beat the milk gradually into them. Take at once from the fire, turn into bouillon-cups or soup-plates, and put a large spoonful of unsweetened whipped cream on the surface of each plate or cup of soup.

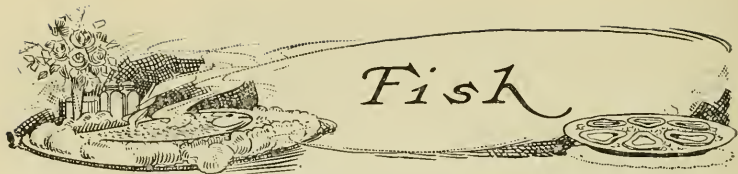
Tomato and Corn Broth

INTO A SAUCEPAN put three tablespoonfuls of butter and, when this is hissing-hot, two small onions, peeled and minced, adding a bay-leaf and three black peppers. Cook for a moment, stirring to prevent ingredients browning. Put into the saucepan a tablespoonful of flour, and, when this has cooked several minutes, turn in a can of tomatoes previously seasoned with sugar, salt and white pepper to taste. Stir for five minutes, add two cups of boiling water and simmer for ten minutes. Pour the mixture through a soup-strainer into another pot in which are the contents of a can of corn chopped fine. Simmer for ten minutes more, add a gill of cream in which a heaping teaspoonful of corn-starch has been stirred, and, when scalding hot, take from the fire and beat the soup into the whipped yolks of two eggs. Serve at once.



NATURES SURROUNDINGS MIGHT SUGGEST SOMETHING PALATIAL

But a business which is helping thousands and helping to feed more millions claim it. What could be more suggestive of cleanliness and purity than a canned food factory with such environments? Yet it is only one of our hundreds.



Creamed Oysters

OPEN A CAN of oysters several hours before using them, and empty the contents into a bowl. Drain off the liquor, and heat it. Stir a pinch of baking-soda into a cup of rich milk. Cook together three tablespoonfuls of butter and two tablespoonfuls of flour, and, when they are well-blended, pour upon them the hot oyster-liquor and the cup of milk. Beat for a moment, then add the oysters. Cook, stirring, until the oysters are very hot and the sauce smooth and thick. Take from the fire, pour a little of the sauce upon a beaten egg, whipping this all the time, return the egg and sauce to the oyster mixture, put over the fire for a minute, stirring hard, season with salt and white pepper, and pour the smoking mass upon rounds of buttered toast. Set in the oven for a minute and serve.

Broiled Oysters

DRAIN THE oysters, wipe dry, dip in cracker-dust, then in beaten egg, then in cracker-dust again, and set in the refrigerator until the coating stiffens. Lay on a buttered broiler, and broil over clear coals to a golden brown. Serve with sliced lemon.

Fried Oysters

PREPARE AS in the last recipe, and when the coating of crumbs is stiff fry in deep fat to a rich brown.

Scalloped Oysters

DRAIN THE liquor from canned oysters. Put a cupful of crumbs into a bowl and pour over them the oyster-liquor. Butter a pudding-dish and put into the bottom of it a layer of the oysters, cover with soaked crumbs, sprinkle with salt and pepper, and pour in several spoonfuls of well-seasoned white sauce. Put in more oysters and crumbs, and more sauce, and proceed in this way until all the oysters are used. Pour over the top layer the remainder of the white sauce, sprinkle with dried crumbs, dot with butter and set in the oven to bake for twenty minutes.

Oysters and Bacon

FRY SLICES of breakfast bacon crisp, but do not allow them to burn. Take out the bacon and arrange it about the edge of a platter, and set in the open oven. Have the contents of a can of oysters opened several hours before hand, and the liquor drained from the oysters. Each oyster must be dipped in egg, then in cracker-dust and set aside for an hour. When the bacon is removed from the pan, set the pan back on the range and lay in it carefully the breaded oysters. Fry until brown on one side, then turn and brown on the other. Arrange the fried oysters in the middle of the platter, with the bacon about the edge, and serve. The bacon gives the oysters a delicious flavor.

Panned Oysters

CUT ROUNDS of toasted bread to fit in the bottoms of small pâté-pans. On each round lay six canned oysters, and pour over them two tablespoonfuls of liquor drained from the oysters. Add bits of butter, and season to taste. Bake for ten minutes and serve in the pans in which they were cooked.

Clam Fritters

DRAIN THE liquor from a can of clams. Chop them fine, seasoning with salt and pepper. Beat two eggs very light, stir into them a cupful of milk, a gill of clam liquor and two cups of flour that has been sifted twice with a saltspoonful of salt and two level teaspoonfuls of baking-powder. When ready to fry the fritters, have deep fat at the boiling-point, beat the chopped clams into the batter, and drop this by the spoonful into the boiling fat. Cook to a golden brown, drain in a heated colander, and serve at once.

Clam Pie

MAKE A REALLY good puff paste, and line the sides of a deep pudding dish, reserving enough for the upper crust of the pie. Do not have any bottom crust. Turn the contents of a can of clams into a saucepan and add to them enough water to make two small teacupfuls of liquid. It is well to measure the liquor from the can of clams before heating so as to be sure to have just the right quantity of liquid. Stir in a tablespoonful of butter and cook all together for five minutes. Add a cup of milk in which a saltspoonful of soda has been dissolved, stir in three stalks of celery chopped very fine, and the yolks of three eggs. Season to taste. Invert a teacup in the centre of the deep dish, pour the clam mixture around it, fit on an upper crust, and bake to a golden-brown.

Lobster à la Newburg

DRAIN THE liquor from a can of lobsters, and remove all bones from the fish. Break,—not cut,—the meat into bits about an inch long. Melt two tablespoonfuls of butter in a double-boiler, and stir the lobster-meat into this, seasoning it with salt and cayenne. Heat in a double-boiler a cup of cream, stirring into it a pinch of soda. Beat the yolks of three eggs very light. When the lobster is very hot, pour on it the heated cream, and stir in gradually the beaten yolks. Stir until the mixture thickens, but do not allow it to cook long enough to curdle the eggs. Add a wineglassful of sherry and serve immediately.

Lobster Croquettes

DRAIN THE liquor from a can of lobster and cut the meat very fine. Heat a teacupful of rich milk, thicken it with a paste made by rubbing together two teaspoonfuls, each, of butter and flour. Stir in the lobster-meat, the yolks of two hard-boiled eggs, rubbed smooth, and a half-cup of fine bread-crumbs. Season to taste with salt and cayenne, add the beaten yolks of two eggs, stir until very hot, and turn out upon a dish to cool. When very cold, form with floured hands into croquettes, roll in cracker-dust, then in beaten egg, then in cracker-dust again, and set aside in a cold place to stiffen. When stiff, drop into deep, boiling fat, and fry to a golden-brown.

CRAB CROQUETTES may be made by the same recipe.

Lobster Pâtés

LINE WELL-GREASED pâté-pans with rich, puff pastry. Make a good white sauce. Have the canned lobster cut into small pieces of uniform size and stir these into the white sauce. Season to taste, and pour the mixture into the pâté-pans. Fit rounds of pastry upon the pâté-pans, and set them in the oven. Bake to a golden-brown, and, with a sharp knife, lift out carefully, taking care not to break the pastry.

Devilled Crabs

FLAKE CANNED crab-meat into tiny bits. Stir into it a gill of cream, a tablespoonful of melted butter, a tablespoonful of lemon-juice, a hard-boiled egg, minced fine, and season highly with cayenne pepper, a dash of Tobasco, and salt. Turn the mixture into buttered scallop-shells made of tin, china or silver, sprinkle with buttered crumbs, and bake until the crumbs are brown.

Buttered Shrimps

TURN THE shrimps out of the can, and wash them in cold water. Drain, and pat dry between the folds of a clean dish-towel. Put into a frying-pan two tablespoonfuls of butter, and lay the shrimps in this when it is heated. Stir until very hot, then pour in a half-gill of boiling water, a tablespoonful of tomato catsup mixed with a teaspoonful of lemon-juice and dash of paprica. Bring to a boil, and turn upon buttered toast.

Salmon Steak

USE A LARGE can of salmon steak, and, in turning out, be careful not to break the fish. Drain it from the oil in which it is canned. Rub the wires of the broiler with butter and lay the steak on them, broiling it lightly on one side before turning and broiling it on the other. Transfer to a hot platter, rub well with melted butter and squeeze lemon-juice on the fish. Sprinkle with minced parsley and serve.

Salmon Cutlets

DRAIN CANNED salmon and flake to a smooth mass, adding a raw egg, well-beaten, a handful of dry crumbs, a pinch of mace, a dash of paprica, and a cupful of white sauce. Mix well, and set aside to stiffen. Form, when stiff, into cutlet-shapes, dip in egg and cracker-dust, and set on the ice for an hour before frying in deep fat. A piece of raw macaroni may be stuck into each cutlet to simulate the rib on a French chop.

Salmon Pudding

WITH THE contents of a can of salmon, flaked fine, mix half as much fine crumbs as you have salmon, season with salt and cayenne and a little onion-juice. Make a white sauce and stir a cupful, or enough to make the salmon very moist, into the mixture. Put into a greased mould, fit on a cover and set the mould in an outer pan of boiling water. Put in the oven and cook for an hour. Turn out and pour white sauce about the fish.



Stewed Corn

TURN THE contents of a can of corn into a fine colander. Hold under the cold water faucet and wash off the corn, then turn into a saucepan. Cover with slightly-salted boiling water and stew for ten minutes, or until the kernels are as tender as desired. Drain off the hot water, add a cup of milk into which has been stirred a tablespoonful of butter and beat all until very hot, then serve. If preferred the milk may be thickened by adding a heaping teaspoonful of flour to the butter before putting this into the milk.

Corn Pudding

DRAIN THE liquid from a can of corn, and chop the kernels fine. Into a pint of milk stir four well-beaten eggs, a tablespoonful of melted butter, the chopped corn, a teaspoonful of sugar, and salt and pepper to taste. Turn into a buttered pudding-dish, set this in an outer pan of scalding water, and set in the oven. Cook until set and brown. Serve as a vegetable.

Corn Oysters

CHOP THE contents of a can of corn after draining them from the liquor. Beat three eggs very light and add to them two tablespoonfuls of flour and a half-tablespoonful of salt. Beat all hard and drop by the spoonful of deep boiling fat. As soon as they are done, lift out with a skimmer, and serve.

Corn Croquettes

DRAIN THE liquid from a can of corn, and chop the kernels. Cook together in a saucepan two tablespoonfuls of flour rubbed into one tablespoonful of butter, and add gradually one-and-a-half-cups of sweet milk into which a pinch of soda has been stirred. When very thick, put into this sauce a teaspoonful of sugar, and salt and pepper to taste. Beat in the corn, and, as soon as the mixture is thick, pour out upon a chilled dish to cool. When cold and stiff, form with floured hands into croquettes, and set aside after breading until stiff, then fry.

Corn and Tomatoes

CHOP THE pulp from a can of tomatoes into small pieces, and put it with the drained contents of a can of corn together in a saucepan. Stew for fifteen minutes, season with sugar, salt and pepper, thicken with butter and flour, and turn into a baking-dish, strewing buttered crumbs over the top. Bake for fifteen minutes.

Corn and Potatoes

DRAIN THE contents of a can of corn, and turn the kernels into a frying pan containing melted butter. Cut cold boiled potatoes into dice, and add two cupfuls of these to the corn in the pan. Toss and stir all together until the potatoes are lightly-browned, sprinkle with salt and pepper and turn into a heated vegetable-dish.

Tomatoes, Corn and Green Peppers

CUT THE tops from green peppers, remove with a sharp knife the inner membrane and seeds, and put into a bowl. Pour over the peppers enough boiling water to cover them, and leave in this water until it is cold. This process draws out the hot taste from the vegetable.

Empty a can of tomatoes into a colander, and drain off the liquor. Chop the pulp and mix it with the chopped kernels of a can of corn. Add sugar to taste, and season with salt and pepper. Add enough cold boiled rice to hold the vegetables together, and fill the peppers with this mixture. Put into a baking-dish, pour the tomato liquid about the base of the peppers, and cook until the peppers are tender. Transfer to a hot dish, add to the tomato liquor in the pan, sugar, salt and pepper to taste, thicken it with flour rubbed into butter, and pour around the stuffed peppers.



MAIN PACKING ROOM

Here the food is going into the cans, thousands and thousands of them at one time. Yet all is order and system and the output satisfies the most exacting taste. The up-to-date canner can afford no slip-ups. The nation's health are in his keeping.

Corn Omelette

BEAT SIX eggs very light, and add salt and pepper. Make a pint of white sauce, and into this stir the contents of a can of corn, first draining off the liquor. Season with a little sugar, salt and white pepper. Turn the eggs into an omelette pan, and when the omelette is set, spread it with half of the corn mixture, fold it over, transfer to a heated platter, and pour the remainder of the corn and sauce about the omelette. Serve at once.

Scalloped Tomatoes

RUB THE contents of a can of tomatoes through a colander. Season with a heaping teaspoonful of sugar, and salt and pepper to taste. Butter a pudding-dish and put into the bottom of it a layer of tomatoes, sprinkle well with bread-crumbs, and scatter bits of butter over these. Put in more tomatoes, and more crumbs until the dish is full, having the top layer of buttered crumbs. Set the dish in the oven, covered, for a half-hour, uncover and brown.

Tomato Cheese

SLICE WHOLE canned tomatoes, and lay each slice on a round of buttered toast, sprinkle with salt and pepper, and lay a thin slice of cheese on top of the tomato. Set in the oven until the cheese melts, and serve.

Fried Tomatoes

FOR THIS dish select tomatoes that have been canned whole. Open the can and drain off the liquor, reserving it for soup or for sauce. Cut the tomatoes in halves or thirds, crosswise. Dip each slice in egg and cracker-dust, and fry in melted butter, turning over when the upper side is done and cooking on the under side. Lay on a small platter and set in the oven to keep hot while you make the sauce for this dish. Add to the butter in the frying-pan a tablespoonful of flour, and, when this is blended, pour upon it a cup of milk to which a pinch of soda has been added. Stir to a smooth sauce, season to taste, and pour around the fried vegetable.

Deville Tomatoes

DRAIN THE liquor from a can of whole tomatoes, and cut them into thick slices. Lay in a colander. Boil four eggs very hard; grate the yolks to a powder and work into them two tablespoonfuls of butter softened by setting in the oven for a minute. When you have a smooth paste, beat in three tablespoonfuls of vinegar, a teaspoonful of powdered sugar, a teaspoonful of French mustard, a dash of paprica, and a teaspoonful of Worcestershire sauce. Put over the fire and, when scalding-hot, pour gradually upon a beaten egg, whipping this all the time. Return to the fire and stir until the mixture begins to thicken, then set the vessel containing it in an outer vessel of hot water while you fry the sliced tomatoes. When done, lay on a hot dish, and cover with the sauce.

Rice with Cheese and Tomatoes

BOIL RICE and keep hot. Drain the liquid from a can of tomatoes, and put the liquor over the fire. Season to taste, and thicken with a tablespoonful of butter rolled in one of flour. When you have a good tomato sauce taken from the fire. Put the boiled rice into a pudding-dish; cover it entirely with a layer of grated cheese, and over this pour the tomato sauce, adding this slowly so that it may percolate to the bottom of the dish. Set in the oven and bake, covered, for fifteen minutes, then uncover and brown.

Tomato Toast

EMPTY A CAN of tomatoes into a saucepan and simmer for ten minutes. Toast eight slices of bread, and cut off the crust. Butter the toast lightly. Season the tomatoes, being sure to add a little sugar. Rub them together through a soup-strainer. Cook together a tablespoonful of butter and two tablespoonfuls of flour, and, when they are blended, pour upon them the strined tomatoes. Stir until thick and smooth. Arrange in a dish a layer of the toast, and pour over it a few spoonfuls of the tomatoes. Fill the dish with layers of toast, putting a few spoonfuls of the tomato preparation on each layer. When all the toast is used fill the dish with the remaining tomato mixture, and set in the oven just long enough to heat thoroughly. This is a delightful luncheon-dish.

Tomatoes Fried in Batter

CUT WHOLE canned tomatoes into quarters, and drain each piece in a colander. Make a batter of two eggs, beaten light, a cupful of milk, and a cupful of flour that has been sifted with a half-teaspoonful of baking powder and a pinch of salt. If this batter is too thin, add more flour. Dip each piece of tomato in this batter and drop into deep, boiling fat. Serve as soon as done.

Tomatoes and Eggs

BOIL EIGHT eggs hard, and cut into thick slices. Turn the contents of a can of tomatoes into a saucepan and stew for ten minutes, seasoning to taste, and thickening with three teaspoonfuls of cornstarch rubbed into a tablespoonful of butter. Take from the fire. In the bottom of a buttered dish put a layer of crumbs, make these very wet with the tomatoes, and lay on them slices of eggs sprinkling with salt and pepper. Put in another thin layer of crumbs, and pour in more tomatoes, laying more egg slices on these. Where the eggs are all used pour in all the tomatoes, sprinkle these with buttered crumbs and set for five minutes in the oven, or until heated well. Serve in the dish in which the ingredients were baked.

Baked Tomato Omelet

DRAIN THE liquor from a can of whole tomatoes, and chop the tomatoes. Season them to taste and put into the bottom of a pudding-dish. Beat five eggs very light, whipping into them a cupful of crumbs that have been soaked for an hour in enough milk to make them very soft. Season with salt and pepper, and whip in a tablespoonful of Parmesan cheese. Pour into the pudding-dish and cook in a hot oven until light brown and puffy. Serve immediately.

Creamed Beets

DRAIN THE liquor from a can of beets, and cut the beets into slices a quarter of an inch thick. Make a rich white sauce and turn the beets into these. Season with salt and pepper and toss and turn until very hot.

Beets with Vinegar Sauce

TURN THE beets from the can and heat them in the liquor in which they were canned. Drain, and put them into a vegetable dish to keep hot. Melt in a frying pan two tablespoonfuls of butter and stir into it five tablespoonfuls of vinegar and a little pepper and salt. When boiling hot, pour over the beets, and serve.

Beets Stuffed with Peas

SELECT LARGE canned beets, and, with a small spoon, scoop out the insides. Drain the liquor from a can of peas, and heat in a little boiling water. Drain, add a spoonful of melted butter and salt and pepper to taste, and fill the hollowed beets with them. Set in the oven for a few minutes, pour over all hot, melted butter and serve.

Boiled String Beans

HEAT THE beans to the boiling point in the liquor in which they were canned, drain off the liquid, add salted boiling water, and cook for ten minutes, slowly. Drain again, season with salt and pepper, and stir in a great lump of butter. When this is melted, serve. Or, if preferred, pour a white sauce over the beans, instead of the butter.

String Beans with Brown Sauce

DRAIN THE beans and cover with boiling water. Cook for five minutes. Heat a pint of strained beef-stock, well-seasoned; drain the beans, and stir them into this. Simmer for five minutes more, drain again, and put into a colander to keep hot. Rub together two tablespoonfuls of browned flour, a half-teaspoonful of kitchen bouquet, and a gill of cold water, making a paste that is free from lumps. Stir this into the stock in which the beans were boiled, and, when you have a smooth, brown sauce, turn into it the beans, toss and stir until smoking hot, and serve in a heated vegetable-dish.

Pea Soufflé

DRAIN THE liquor from a can of peas, put them into a double boiler, add pepper and salt and a generous teaspoonful of granulated sugar and cook until very soft. Drain; rub through a colander, and mash with the back of a silver spoon, adding melted butter until you have a smooth paste. Beat three eggs well, add to them two cups of milk, and beat this liquid gradually into the pea-paste, whipping all very light. Turn into a buttered pudding-dish and bake, covered, for fifteen minutes, uncover and bake to a delicate brown. Serve as soon as done. This is a delicious dish.

Green Pea Fritters

MAKE A SOFT paste of canned peas as directed in the last recipe. Into this paste beat a teaspoonful of butter, a little salt and pepper, four eggs, beaten very light, a cupful of milk, and enough prepared flour to make a stiff batter, or about a cupful. Drop this mixture by the spoonful upon a buttered griddle, and, when brown on one side, turn and brown on the other.

Green Pea Balls

DRAIN THE liquor from a can of peas, and boil tender in salted water. Drain, rub through a colander, and work into them a tablespoonful of butter rubbed smooth in two tablespoonfuls of flour, a gill of cream, a teaspoonful of sugar, salt and pepper to taste, and two beaten eggs. Put into the inner vessel of a double-boiler and stir this mass until it has cooked long enough to be boiling-hot all through. Take from the fire and set away to cool. When cold, flour the hands and make into small balls of uniform size. Dip in beaten egg and then in cracker-dust and set in a cold place for at least an hour before frying in deep, boiling fat. Serve with white sauce poured around them.

Peas and Carrots, Creamed

SCRAPE CARROTS, boil until tender, and cut into small dice of uniform size. Drain the liquor from a can of peas, cover with salted boiling water and simmer for five minutes. Drain, mix the carrot-dice with the peas, cover with boiling water and cook together for three minutes, then drain, season to taste, pour into them a well-seasoned white sauce, stir over the fire for one minute, and serve.

Baked Spinach

DRAIN CANNED spinach and chop very fine. Into this chopped mass beat four beaten eggs, a tablespoonful of flour stirred into a cup of cream, salt and pepper to season, and a tablespoonful of melted butter. Beat long and hard, turn immediately into a greased baking-dish, and set in the oven. Bake to a light brown and serve as soon as done.

Creamed Spinach

DRAIN THE liquid from a can of spinach and put it into the inner vessel of a double-boiler. Steam until very hot and soft. Take from the fire, chop very fine, or put through a food-chopper. Return to the fire, add a tablespoonful of butter and a gill of thick cream into which a pinch of soda has been stirred. With a wire egg-whip beat the mixture as light as possible, adding more cream if necessary to make very soft. Season to taste, heap on a hot platter, garnish with triangles of toast and serve.

Boiled Spinach

OPEN A CAN of spinach and pour out the contents an hour or two before using. Drain, cover with salted water, and simmer for ten minutes, adding a generous pinch of baking soda to the water in which the vegetable is cooked. Drain, chop the spinach very, very fine, beating into it as soon as chopped a tablespoonful of melted,—not hot,—butter. Add salt and pepper to taste, mound the spinach on a hot dish, garnish with slices of hard-boiled egg, and serve.

Spinach and Eggs

DRAIN CANNED spinach, and chop small. Cook together in a frying-pan two tablespoonfuls of flour and one tablespoonful of butter and stir the spinach into this with three tablespoonfuls of cream. Season, and stir over the fire for three minutes, taking care not to allow the mixture to scorch. Take from the fire, and, when the spinach begins to cool, line the bottom and sides of nappies with it, leaving a hollow in the centre. Into this hollow break a fresh egg, put a little butter on top of it, sprinkle with salt and pepper, and set in the oven until the white of the eggs has formed. Serve as an entrée or luncheon-dish.

Asparagus on Toast

DRAIN THE water from canned asparagus, and lay the stalks at full-length in an asparagus-boiler. Cover with salted boiling water, and leave just long enough to heat the stalks through. Have ready a platter of crustless toast, moisten these slightly by sprinkling them with a few drops of asparagus water, and lay the stalks on this—all the heads turned in one direction. Pass a white sauce with the dish, or, if preferred, pour melted butter over the heads of the stalks.

Asparagus Tips

CANNED ASPARAGUS tips may be prepared exactly according to the former recipe, and, when hot, may be stirred into the white sauce and then poured over rounds of toast.

Asparagus à la Vinaigrette

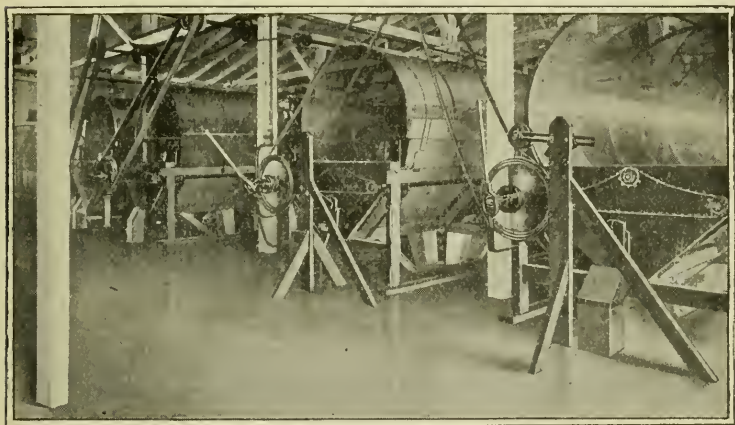
DRAIN THE stalks, cover with boiling water, drain as soon as heated, and, while hot, pour over them a dressing made by mixing six tablespoonfuls of salad oil, two tablespoonfuls of vinegar, a saltspoonful of salt,—(or more, if liked—a saltspoonful of French mustard, and a dash of paprika. Beat this dressing to an emulsion before putting it on the asparagus, then set all in the ice until the stalks are chilled through.

Scalloped Asparagus

DRAIN CANNED asparagus, cut off the tips, with about an inch of the stalk,—saving the stalks for soup. Cover the tips with boiling, salted water, and simmer for five minutes. Drain, and put in the bottom of a buttered pudding-dish. Sprinkle with salt and pepper, and cover with three hard-boiled eggs, chopped very fine, and seasoned. Over these pour a white sauce, and sprinkle this with crumbs and bits of butter. Set in the oven for fifteen minutes and serve.

Asparagus Loaf

CUT THE top from a loaf of stale bread, and scoop out the inside, leaving a hollowed loaf, like an empty box. Lay the cover on top of the loaf, and set in the oven with the door open until very dry, but not browned. Cook canned asparagus-tips in hot water for ten minutes, drain, and stir into them a white sauce made by cooking



STERILIZING PEAS

They are never touched with human hands from the vine to the can. The ethics of cleanly canning require, though, that after hulling they must pass through three waters and live steam so as to make sterilization complete. The machinery grinds them at the same time.

together a tablespoonful, each, of butter and flour, and pouring upon them a gill of milk and one of cream, and seasoning to taste. Stir until smooth and thick before adding the asparagus tips. fill the hollowed loaf with this mixture, set in the oven until heated through,—or for five minutes, and send to the table.

Asparagus Cups

CUT STALE bread into slices one-and-half inches thick and remove the crusts. With a biscuit-cutter press half-way through each slice, and remove the crumb from the centre. Set these cup-like slices in the oven, and, when hot, brush over with melted butter and brown lightly. Prepare canned asparagus-tips according to the directions for Asparagus Loaf, fill the cups with the mixture, make these very hot in the oven, and serve.



Tomato Aspic Salad

DRAIN ALL the liquor from a can of tomatoes. Soak a half-box of gelatine for a half-hour in a cupful of cold water. Put the tomato-liquor into a saucepan with a bay-leaf, a half-teaspoonful of onion-juice, and a sprig of parsley. Season with salt and white pepper, and bring to a boil. Simmer for twenty minutes, stir in the soaked gelatine, add a teaspoonful of sugar and, as soon as the gelatine is dissolved, take from the fire and strain through a flannel jelly-bag. Pour into a wet melon mold or into a border-mold, and set in a cold place to form. When stiff turn out upon platter and serve garnished with lettuce leaves, pouring a mayonnaise over it.



Beet and Celery Salad

DRAIN CANNED beets, and scoop out the insides. Cut crisp celery into small bits and mix with a rich mayonnaise. Fill the beets with this mixture and set them in the ice until very cold. Put two crisp lettuce leaves on one plate, lay the stuffed beets on this and send to the table.

Tomato and Green Pepper Salad

DRAIN THE liquid from a can of whole tomatoes, and cut the vegetables into cubes or pieces about an inch square. Set in the ice. Cut into strips tender green peppers and remove the seeds and membranes. Cut these strips into squares of uniform size. Place lettuce-leaves in a bowl, lay tomatoes among the leaves and sprinkle the pieces of green peppers among them. Pour over all a French dressing, and serve.

Macedoine Salad

DRAIN THE liquor from canned tomatoes, and cut into bits of uniform size enough tomatoes to make a half-cupful; add to them a half-cupful of canned, drained peas, a half-cupful of canned string-beans, a half-cupful of celery cut into bits, and two hard-boiled eggs, cut into bits. Season all with salt and pepper and set in the ice until very cold, then mix with a French dressing and heap the vegetables on crisp lettuce-leaves.



Salmon Salad

TURN OUT the contents of a can of salmon, draining off all the grease or liquor. Separate the fish into good-sized pieces, and put in the ice-box. Lay on lettuce-leaves, and put a spoonful of mayonnaise on each piece of salmon. Garnish the platter of salad with slices of hard-boiled eggs.

Salmon and Cucumber Salad

DRAIN THE liquor from a can of salmon, and place it on lettuce-leaves. Have ready three cucumbers that have been peeled, sliced and laid for an hour in iced salted water, then drained very dry. Lay these slices on top of the salmon, and pour over them a French dressing.

Shrimp Salad

TURN THE contents of a can of shrimps into a bowl and set in the ice for two hours. Arrange the shrimps on crisp lettuce-leaves and pour a mayonnaise dressing over them.



Crab Salad

THIS IS a delicious dish. Turn the crab-meat from the can some hours before it is needed so that it may get ice-cold. When ready to serve take from the ice-box, arrange in pieces of uniform size in the centre of a lettuce-lined bowl, add a dash of paprica or cayenne, and pour through and over the crab-meat a good mayonnaise. When properly prepared this salad cannot possibly be distinguished from that made of fresh crab-meat,—and is so much more easily prepared that the busy housewife welcomes it gladly.

LOBSTER SALAD may be made in the same way.

Tomato and Peanut Mayonnaise

DRAIN WHOLE tomatoes and cut them into halves. Get these very cold and arrange on lettuce-leaves on a platter. Make a cupful of mayonnaise dressing and into this beat, a little at a time, two tablespoonfuls of peanut butter, working all to a smooth, thick mixture. On each halved tomato place a spoonful of this dressing.

Spinach and Egg Salad

BOIL EIGHT eggs hard, cut in half and remove the yolks. Drain a can of spinach and chop very fine or put through a meat-chopper. Rub the egg-yolks to a paste with a tablespoonful of melted butter; work into this the spinach, adding more melted butter if necessary to make a paste that can be handled. Season with salt and pepper, and make the mixture into balls. Cut off the ends of the halved egg-whites so that they may stand. Fit into each one of these one of the balls, and arrange on a lettuce-lined platter. As there will be some of the paste left over, make it all up into round balls, and garnish the edge of the dish with them. Pour over all mayonnaise dressing. This is a pretty and delicious dish.

Bean, Beet and Spinach Salad

DRAIN THE liquor from a can of string beans and put them on the ice; drain the liquor from canned beets, and cut these into dice of uniform size, and put on the ice; press the water from the canned spinach chop it coarsely, and put this also on the ice. When the vegetables are chilled, mound the spinach in the centre of a platter, put a ring of the beet-dice around this, arrange about the beets a ring of string-beans, and border these with crisp lettuce-leaves. Drench all with French dressing, and serve.





Desserts

Pineapple Pudding

DRAIN THE liquor from a can of pineapple and chop or grind the fruit fine. Cover with granulated sugar; leave for an hour, and press the syrup from it into the liquor in which the fruit was canned. Line a pudding-dish with slices of stale sponge cake, and pour over it the pineapple liquor and syrup, putting in enough to moisten well. Fill the dish with the chopped fruit, and cover with another layer of cake-slices. Soak this cake with the remaining liquor, sprinkle with sugar, cover and set the dish in an outer pan of boiling water in the oven. Bake for a half-hour, uncover and cook for five minutes more. Serve with a hard sauce flavored with lemon.

Strawberry Pudding

DRAIN THE liquor from a can of strawberries, and reserve it for sauce. Leave the berries in a colander where they will drip dry. Rub a tablespoonful of butter to a cream with two tablespoonfuls of powdered sugar, add a cup of milk, four eggs, beaten light, and three cups of prepared flour, stirring in more if needed. Roll the berries in flour until thickly coated, and stir in lightly, last of all. Pour the batter into a greased pudding-dish, and bake. Serve with strawberry sauce. To make this, add a cup of sugar to the strawberry liquid, boil for two minutes, add the juice of a lemon and serve.

Canned blackberries and canned raspberries may be used instead of strawberries for the above pudding.

Huckleberry Pudding

DRAIN THE liquor from canned huckleberries. Make a dough of a quart of prepared flour, two tablespoonfuls of butter, and a pint of milk. Rub the butter into the flour that has been sifted with two tablespoonfuls of baking powder and a saltspoonful of salt, stir in the milk, and turn upon a floured board. Roll into a sheet a scant half-inch in thickness, and spread upon this the drained berries. Sprinkle with sugar, and roll up the sheet, as one would a sheet of music. Pinch the ends of the roll together, fold a piece of floured cheese-cloth about it, baste this together at the ends and side, and drop the pudding into a pot of water at a hard boil. Boil for one-and-one-half hours. Serve hot with hard sauce.

Royal Peach Pudding

BEAT THE yolks of five eggs light with a cup of powdered sugar that has been creamed with a tablespoonful of softened butter. When well-blended, add a quart of milk in which two cupfuls of dried crumbs have been soaked for two hours. Beat hard, and turn into a pudding-dish set in an outer pan of boiling water. Bake until set and lightly browned, draw to the door of the oven, cover with canned peaches that have been drained from their liquor and cut small, and spread thickly over these the whites of the eggs beaten stiff with enough sugar to make them very sweet. Brown this meringue lightly. Set away until cold, and eat with rich cream.

Peach Batter Pudding

DRAIN CANNED peaches and put in the bottom of a deep dish. Strew with sugar and pour over them a batter made of a pint of milk, a tablespoonful of melted butter, two beaten eggs and enough flour sifted with a teaspoonful of baking powder to make the batter of the proper consistency. Set immediately in the oven, and bake.

Brown Betty

DRAIN LIQUOR from canned apples, and chop these fine. Boil or crumble a cup-and-a-half of bread-crumbs. Put into a pudding-dish the minced apples, sprinkle them with granulated sugar and a little cinnamon, and cover with the crumbs, dotted with bits of butter. Moisten with some of the liquor in which the apples were canned, and set the dish in the oven. Bake for a half-hour, and serve hot with hard sauce.



STERILIZATION BY HEAT THE ONLY PRESERVATIVE

See these immense retorts built to withstand the intense heat of 260 degrees Fahrenheit. No germ life can exist in this high temperature. The canner and the scientist work hand in hand in the great work of destroying the germ life by heat sterilization only.

Apple Scallop

TURN THE contents of a can of apples into a saucepan and boil until the fruit is very tender. Drain and chop the apples to a smooth mass. Rub through a colander; return the apple-sauce to the fire and stir into it a great spoonful of butter, sugar to make very sweet, and a half-a-grated nutmeg. Crumble stale cookies very small, beat a cupful of these crumbs into the apple-mixture, turn into a buttered pudding-dish, and bake.

Pineapple-Tapioca

CHOP CANNED pineapple into tiny bits. Soak a cup of pearl tapioca over night. Boil until clear, add a cup of granulated sugar, a tiny pinch of salt, and a pint of the chopped pineapple. Set away until cold, then put into the ice-box. Serve cold, spreading over the tapioca, just before sending to the table thick whipped cream, sweetened.

Apple-and-Tapioca Pudding

OPEN A CAN of apples, and drain them. Soak a cup of tapioca for six hours in two cups of cold water. Put in a saucepan, add two cups of boiling water and cook slowly until clear, adding more water if the tapioca seems too dry. Put the apples in a pudding-dish, strew over them two tablespoonfuls of sugar and pour in the boiled tapioca. Set in the oven for fifteen minutes, or until very hot, then cover with a meringue made of the whites of two eggs beaten light with two tablespoonfuls of powdered sugar. Return to the oven to color lightly, and set away until cold. Eat with sugar and cream.

Apple and Almond Soufflé

BLANCH AND chop a quarter-pound of almonds very fine. Chop a can of apples to a pulp. To the chopped almonds add the apples, six tablespoonfuls of granulated sugar, a pinch of cinnamon, and the yolks of six eggs beaten thoroughly. Last of all fold in the stiffened whites of the eggs. Turn into a lightly-buttered pan and bake in a slow oven for a half-hour.

Cream of Apricots

DRAIN CANNED apricots, and rub them through a colander. Return them to their own liquor and cook for several minutes, stirring steadily. Soak three-quarters-or-a-package of gelatine in a quart of milk for two hours, first stirring a pinch of soda into the milk. Pour into a double-boiler and stir over the fire until the gelatine is dissolved, add the apricots and stir again. Take from the fire and beat until almost cold, and, when cool, add the whites of four eggs, beaten stiff, and whip until the mixture is stiff. Turn into a mould wet with cold water and set on the ice. Serve with powdered sugar and cream, or with sweetened whipped cream. This is delicious.

Plum Sago Pudding

STONE A CAN of plums and put them over the fire with their liquor, adding enough water to make a quart of liquid. Boil until the plums are very tender, rub them through the colander and return with the liquid to the fire. Add a cupful of fine sago that has been soaked for a half-hour in enough cold water to cover it, boil until clear add sugar to taste, and, as soon as this is dissolved, turn into a mold, wet with cold water. When cold, set in the ice-box to stiffen. Eat with cream.

Strawberry Spanish Cream

MIX CANNED strawberries with a cup of their juice, and rub through a strainer. Add a cupful of powdered sugar. Put over the fire a half-box of gelatine that has been soaked for two hours in a gill of cold water, add to it a gill of boiling water, and stir until the gelatine is dissolved. Stir the fruit into this, take from the fire and beat in a cup of whipped cream as the mixture cools. When cold and stiff, set in the ice. Eat with rich cream.

Rice and Strawberries

DRAIN A CAN of strawberries. Cook a cup of rice until tender, and, while cooking, cream together a half-cup of butter and a heaping cup of powdered sugar, add the strawberries, mashed to a pulp, and pour all over the hot rice.

Strawberry Float

DRAIN THE liquor from canned strawberries, and cover them with granulated sugar. Stand for an hour, then drain, pressing out all the juice. Add to this enough of the liquor in which the berries were canned to make a half-cupful. Beat the whites of five eggs very stiff, add the strawberry pulp, beating all the while. Line a glass dish with macaroons, into a cup of rich cream stir the strawberry-juice, and pour on top of the macaroons, and on this pink cream heap the strawberry meringue. Serve at once.

Tutti-Frutti with Whipped Cream

DRAIN THE liquor from canned peaches, canned pineapples and canned cherries, and stone the latter, cutting the other fruits into slices. Mix all the fruits, and put over the fire with enough of the mixed liquors in which they were canned to cover them; add a cupful of sugar and simmer for five minutes. Add a box of gelatine that has been soaked for a half-hour in a pint of cold water, and when this is dissolved, take from the fire. Set where the fruit will cool, stirring often as the mixture stiffens. When quite stiff, turn into a glass bowl, and, when cold, heap on the mixture a pint of whipped cream.

Peach Cornstarch Pudding

CUT EIGHT canned peaches into thin slices. Pour over them a cup of granulated sugar. In a double-boiler heat a pint of milk to scalding, add to it gradually the yolks of three eggs, well-beaten, and a tablespoonful of cornstarch dissolved in a gill of cold milk. Stir constantly and as soon as it is thick, pour over the sugared fruit. Beat the whites of the eggs to a stiff froth, add three spoonfuls of sugar, and spread over the mixture. Set in the oven just long enough to stiffen the meringue.

Apricots and Cream

DRAIN APRICOTS and set them on the ice. When cold, fill the cavity, left in each half by the stone, with sweetened whipped cream mixed with blanched and chopped almonds. Sprinkle with powdered sugar and serve.

Strawberries Cachés

CUT THE centre from a round angel cake, scooping out the inside. Drain a can of strawberries, cover them with sugar, and pour them into the centre of the cake, fill the hollow left above them with whipped cream, and serve immediately. This dish is also delicious if the hollow over the berries be filled with ice-cream.

Strawberries and Ice Cream

PUT CANNED berries with their juice into a saucepan, add a cup of sugar and, when this is melted, stir in a box of gelatine that has been soaked in a cup of cold water. Stir until this is dissolved, then take from the fire and turn into cups or small moulds wet in cold water. When cold, set in the refrigerator until very stiff. Turn out upon a chilled platter, scoop out the centre of each mold with a small spoon, and fill the cavity thus left with a spoonful of vanilla ice-cream. Serve immediately. This dish is made still prettier by heaping whipped cream about the base of the forms.

Frozen Apricot Whip

BEAT THE yolks of six eggs. Drain and chop the contents of a can of apricots, return them to their liquor and put over the fire with a cup of granulated sugar. When the sugar is dissolved stir in the juice of a lemon and a half-box of gelatine that has soaked in a gill of water, and, as soon as this is dissolved, take from the fire. When the mixture begins to cool, beat in gradually the whipped yolks of the eggs, then set the pan containing the mixture into another of cracked ice and stir until it becomes quite stiff. Beat in a pint of whipped cream, turn into a freezer, and freeze.

Raspberries and Cream

TURN THE contents of a can of raspberries into a saucepan, add a cup of sugar and simmer for ten minutes. Take from the fire and drain. Set the berries in the ice until cold, then half-fill tall, shallow glasses with the berries, cover them with a heaping spoonful of sweetened whipped cream, and put a few berries on top.

Raspberry Sherbet

ADD A CUP of granulated sugar to the contents of a can of red raspberries, and stew for ten minutes. Mash the berries, and press out all the juice, adding it to the other liquor from the canned berries. Stir into this a pint of rich lemonade sweetened to taste. Strain, beat in the white of an egg and freeze.

Strawberry Surprise

ADD A CUP of granulated sugar to the contents of a can of strawberries, and stand for an hour. Pour into a colander and rub the berries through the holes, mashing them thoroughly. Stir into the mixture the unbeaten whites of four eggs and the juice of a lemon, and freeze. The grinding of the cream will beat the whole to a delicious pink froth.

Peach Ice Cream

TURN THE liquid from two cans of peaches and chop the fruit:—then cover with granulated sugar, using two cups for the two cans of peaches. Make a custard of a quart of milk, five eggs and a cup of sugar. Boil until the custard coats the spoon, take from the fire, and, when cold, beat in the sweetened peaches and a pint of rich cream. Grind in the freezer until too stiff to turn, then remove the dasher and pack down in ice and salt for several hours.

Apricot Sherbet

TURN OUT a can of apricots and chop the fruit very fine. Stir into them a syrup made by boiling together a pint of water and a cup of granulated sugar. Add the juice of a lemon and a wine-glassful of sherry, and freeze.

Cherry Ice in Canteloupes

BRING THE contents of a can of cherries to a boil with a cup of sugar. Cook for five minutes, drain out the cherries, chop them fine, and return them to the liquid. Flavor with a tablespoonful of marshino, and the juice of a half-lemon. Add a cup of cold water and turn into the freezer. When frozen, fill halved canteloupes from which the seeds have been removed with the cherry ice and serve at once. Delicious!

Fruit Cocktail

DRAIN FROM a can of cherries a cup of the liquor, add to it a generous half-cup of granulated sugar and put it into a saucepan. When the sugar is melted put it into the cherries, leave for a moment, drain, lay them into a bowl and cover with sherry. Boil the syrup for five minutes, take from the fire and chill. Cut into small bits several slices of canned pineapple, cover it with powdered sugar, and set in the ice-chest. Into glasses with long stems put five of the cherries, drained from the sherry, a spoonful of pineapple, and fill with the sherry syrup mixed with the sherry and the juice of a half-lemon. Set the glasses in a large panful of crushed ice until chilled through, and serve.

Tutti Frutti Ice Cream

DRAIN THE liquor from canned cherries (stoned), strawberries, peaches and apricots. Chop all coarsely, and mix, put over the fire at the side of the range with a cup of granulated sugar and when this is melted take from range and set aside to cool. Make a rich custard of a quart of milk, six eggs and two cups of granulated sugar, flavor with vanilla, and, when boiled and cooled, add a quart of cream and put into the freezer. Grind until half-frozen, remove the top and the dasher, put in the fruit and sugar, beat hard to blend well, and grind until stiff. Remove the dasher and pack down for two hours.

Strawberry Mousse

PUT THE contents of a can of strawberries over the fire and simmer until the fruit is soft, then drain and rub the berries through a strainer, mashing them well. Set the berries in the ice-chest and cover with a pound of granulated sugar. Soak a package of gelatine for an hour in a cup of cold water. Put it over the fire with a half-pint of boiling water, and, when the gelatine is dissolved, beat in the sugared berries. Set aside to cool, and, as soon as cool, beat gradually into a quart of whipped cream. When light and stiff, turn into a mould, pack this down in ice-and-salt and leave for six hours.

Pineapple and Peach Glacés

DRAIN THE liquor from a can of peaches and a can of pineapple and chop the fruit fine. Cover with a cup of granulated sugar. Stand for an hour, and pour over them the liquor drained from the fruits and enough water to make a full pint-and-a-half of liquid. If not sweet enough, add sugar. Stir in the juice of a lemon, and the unbeaten white of an egg, and freeze.

Pumpkin Pie

PUT THE contents of a can of stewed pumpkin into a bowl and add to it two cupfuls of granulated sugar, eight eggs, beaten light, two quarts of milk, and ground mace, cinnamon and nutmeg to taste. Line deep pie-plates with rich puff pastry, fill with the pumpkin-mixture, and bake.

Apple Sauce Pie with Meringue

DRAIN CANNED apples, put them into the inner vessel of a double-boiler, and steam until so soft that they may be rubbed through a colander. Add sugar to taste, the juice of a half-lemon, and a pinch of cinnamon. Bake in an open crust, and, when done spread with a meringue of the whites of two eggs beaten light with a tablespoonful of powdered sugar. Brown lightly, and take from the oven. Serve cold.

Apple Pie

DRAIN THE liquid from canned apples, lay them, sliced, into an open pie-crust, strew with sugar, add a few drops of lemon-juice, and a pinch of cinnamon, cover with a good crust and bake.

Peach Cream Pie

MAKE ACCORDING to the recipe for peach pie, and, when done, lift the upper crust, spread the peaches with a cup of cream, whipped stiff, replace the top-crust and sprinkle this with powdered sugar. Serve immediately.

Peach and Cherry Pie

DRAIN THE liquor from canned cherries and canned peaches, and take the stones from the cherries. Line a deep pie-plate with rich pastry, lay the halved peaches on the crust, and press into the hollow left by the pit in each half a stoned cherry. Sprinkle well with granulated sugar, fit on an upper crust, and bake.



A FIELD OF PINEAPPLES

Grown in the tropics. Distributed with all their natural delicious flavor the world over, through the agency of the tin can.

Pineapple Pie

PUT CANNED pineapple, drained from its liquor, through the meat-chopper. Beat the yolks of two eggs, add to them a teaspoonful of butter rubbed smooth with a cup of sugar, stir in a cup of milk and beat in the minced pineapple. Pour immediately into an open crust and bake in a moderate oven. When done, spread with a meringue made by beating the white of an egg stiff with a tablespoonful of powdered sugar. Return to the oven long enough to brown lightly.

Plum Cream Pie

DRAIN CANNED plums, and put into a deep pie-plate; strew with sugar, fit an upper crust on the pie (there should be no under-crust) and bake. Just before serving, take the crust from the pie, pour in enough thick, rich cream to cover the fruit, put the cover back and serve at once, sprinkling with powdered sugar.

Peach Pie

DRAIN CANNED peaches and slice. Lay in an open crust, sprinkle with sugar and cover with an upper crust. Bake in a good oven.

Apricot Pie

DRAIN THE juice from canned apricots, and fit into each halved apricot a blanched almond. Lay in regular rows in the bottom of a pastry-lined tin, sprinkle with sugar, and cover with strips of pastry, laid on crosswise. Bake, and serve cold with sugar and cream. This is delicious.

Cherry Pie

DRAIN THE canned cherries, and pit, reserving the juice that flows from them. Fill an open crust with the fruit, pour in the juice that flowed from the fruit when stoned, sprinkle with sugar, fit on an upper crust, and bake.

Cream Strawberry Pie

DRAIN CANNED strawberries, and lay in an open crust, strewing well with granulated sugar. Fit on an upper crust, moistening the edges with water, that the upper and lower crusts may not adhere. Put a pinch of soda into a gill of cream mixed with a gill of milk, and put over the fire. Stir until scalding hot, and thicken with two teaspoonfuls of cornstarch, wet to a paste with a little cold milk. Add sugar to make the mixture sweet, take from the fire, and, when cool, pour the cream upon two egg-whites whipped very stiff. Remove the upper crust from the baked and cooled pie, pour this cream-mixture over the berries, replace the crust, sprinkle with powdered sugar, and serve.

Huckleberry Pie

DRAIN CANNED huckleberries. Line a deep pie-plate with pastry. Sprinkle flour over the berries and put them into the crust, filling it with them. Spread over the fruit a small cupful of sugar, and dot thickly with butter. Put on an upper crust and bake.

Cherry or Berry Tarts

DRAIN THE fruit, and, if cherries are used, stone these. Put the fruit over the fire with just enough of its liquor to prevent scorching, and simmer for five minutes, adding a great spoonful of sugar and a teaspoonful of butter rubbed to a paste with a teaspoonful of cornstarch. If this makes the syrup too thick, add a little more liquor. When like thick cream, take from the fire. Let the mixture cool, and fill pastry-shell with the mixture. If preferred, one may line small well-buttered pans with pastry, fill with the fruit, cover with strips of pastry laid crosswise, and bake. Lift the tarts carefully from the tins when cold. Sprinkle with sugar. Canned plums, peaches and apricots, as well as berries, may be used for these tarts.

Preserves, Sweet Pickles, Etc.

THE HOUSEWIFE who has always made her pickles, preserves, jams and marmalades from the raw fruits, discovers, with a thrill of relief, that in using canned fruits for this purpose half of the labor, and the heaviest part, has been done for her already. No more peeling of the fruit,—the process that to the busy woman seems like a loss of valuable time, and no long stewing of tough fruits before they are in a proper condition to have the final and interesting touches put to them. Two-thirds,—yes three-quarters of the work, is done

for her before she opens the cans of peaches, apples, pears, or small fruits she would prepare for the Sunday night suppers of the winter months, or for the "Emergency Shelf" to which she will turn when unexpected company arrives. Fruits are wholesome and, in cold weather, are too expensive for the family of the average householder. Give John and the children, then, pure preserves, jam that owes its rich hue to no artificial coloring-matter, and sweet pickles that are tender and toothsome, and contain no tartaric acid.

Preserved Peaches

DRAIN CANNED peaches and weigh them. To each pound of the canned fruit allow three-quarters-of-a-pound of granulated sugar. Pour a half cup of peach liquor into the bottom of the preserving kettle, pour in the sugar, then add the rest of the liquor, and set at the side of the stove where the sugar will not scorch. Bring very slowly to a boil, lay in the drained peaches, boil up just once, and remove with a split spoon or strainer, spread on platters to cool, and boil the syrup until thick and clear, skimming off the scum as fast as it arises to the surface. Fill jars with the peaches, pour in the boiling syrup, and seal.

Apricots and pears may be preserved in the same way.

Preserved Plums

PUT CANNED plums, and the liquor in which they were canned, over the fire, bring to a boil, and lift out the fruit. Weigh this, and allow a scant pound of sugar to each pound of fruit. Put liquor and sugar over the fire, and boil to a clear syrup, skimming often. Pack the plums in jars, fill these with boiling liquid, and seal.

Preserved Cherries

DRAIN CANNED cherries, and stone the fruit, preserving all the juice that flows from them during the process. Weigh the stoned fruit, and allow a pound of sugar to every pound-and-a-quarter of pitted cherries. Put fruit and sugar in alternate layers in the preserving kettle, pouring the fruit that exuded in stoning. Leave at the side of the range until the sugar has melted, then simmer slowly until the syrup is thick. Pour into jars and seal.

Preserve canned berries according to directions for preserved cherries.

Preserved Apples

DRAIN CANNED apples, and for every dozen halves of the fruit allow a cup of sugar. Put the apples into the preserving kettle, cover with the sugar and pour in the liquor from them. Simmer for three minutes, then pack in jars and boil the syrup until thick and clear, removing all scum that arises to the surface. When thick, add lemon-juice to taste, boil up once, pour into the jars, filling to overflowing, and seal. Keep in a dark, cool place.

Preserved Pineapple

TAKE CANNED pineapple slices from the liquor and weigh. Allow a pound of sugar to each pound of fruit. Put sugar and fruit in alternate layers in the preserving-kettle, pour in a cup of the liquor, and simmer until the pineapple is very tender. Take out and lay on platters to cool. While the syrup is boiled, skimming often, until thick. Stir in a tablespoonful of lemon-juice for each quart of syrup, put the fruit into jars, fill these with the boiling syrup, and seal.

Peach Marmalade

WEIGH CANNED peaches, and allow three-quarters-of-a-pound of sugar to each pound-and-a-quarter of fruit. Put the fruit over the fire with a little of its own liquor, and boil, stirring often, until very soft. Take from the fire, chop the fruit, return it to the kettle with the sugar, and boil for fifteen minutes, add the juice of a lemon, cook for two minutes, and turn into glasses.



A SANITARY KITCHEN

An everyday sight in the up-to-date canned food manufactory. White enamelled ceiling and walls with cement floors are daily washed, flushed and steamed to insure cleanliness.

Raspberry Jam

DRAIN CANNED berries, and to every pound of them allow a generous half-pound of sugar. Put the berries over the fire in a double-boiler, and cook until soft and broken. When very soft, dip out any superfluous juice, stir in the sugar and cook for a half-hour before pouring into jelly-glasses.

Strawberry Marmalade

WEIGH CANNED berries that have been drained of their juice and to every one-and-one-quarter pounds allow a pound of sugar. Put the drained berries in a preserving-kettle without liquor and, stirring all the time, heat them until they begin to boil, and turn in the sugar. Boil hard for a minute, pour into a strainer; return the liquid to the fire and cook until a little poured on a saucer will "jelly;" put the fruit back into the syrup, boil up once and pour into glasses.

Brandied Peaches

DRAIN THE liquid from canned peaches, weigh these and allow for every pound of the fruit one-and-one-half pounds of granulated sugar. Put the liquor from the peaches and the sugar over the fire together; when melted, lay in the peaches, and when the boil is reached, take from the syrup and put into glass jars. Boil the syrup for twenty minutes more, and add for every four pounds of fruit a pint of brandy. Stir this into the syrup just before taking from the fire, pour into the jars of peaches, letting it flow in over all, and fill the jars to the brim. Seal and keep in a dark place. Do not use for six weeks.

“Mixed Jam”

DRAIN THE juice from a can of cherries and pit them; drain and cut into slices a can of peaches; peel, seed and slice two oranges; seed a half-pound of raisins. Mix all this fruit together and weigh it. To five pounds of it allow four pounds of granulated sugar. Put sugar and fruit without water into a preserving kettle, bring slowly to the boil and boil for three-quarters-of-an-hour, stirring often. Turn into glasses and pour paraffine over the jam when cool, then cover.

Pickled Peaches

DRAIN CANNED peaches and weigh them. To three pounds of the fruit, allow a generous pound of sugar, a cup of vinegar, and a heaping teaspoonful, each, of ground mace, cloves and cinnamon. Put the spices into a thin muslin bag. Put the fruit and sugar in alternate layers in a preserving kettle and bring slowly to a boil. Put the bag of spices into the vinegar and pour this upon the peaches. Bring again to the boil, take out the fruit and lay on platters while the syrup and vinegar cook hard for fifteen minutes, or until thick. Put fruit and syrup into glass jars and seal.

Pickled Pears

SELECT SMALL canned pears for this purpose. Weigh and allow a half-pound of sugar to each pound of fruit. Put into a kettle with the sugar, moisten with a gill of the pear-liquor and proceed as with pickled peaches.

Pickled Plums

DRAIN AND weigh the canned plums, and allow a half-pound of sugar to every pound of fruit. For each pound of plums measure, a gill of vinegar, and a saltspoonful, each of ground cinnamon, cloves and nutmeg, putting these into a bag. Put vinegar, with the spice bag in it, into the preserving kettle with the sugar, and, as soon as the boil is reached, lay in the plums. Bring to the boil again, take out the fruit, lay on platters, and boil the syrup until thick, then put the plums in jars with the hot syrup and seal.

Tomato Pickles

DRAIN WHOLE canned tomatoes. Cut into thick slices. Put into the preserving kettle a quart of vinegar, three-and-one-half pounds of sugar, a half-ounce, each, of cinnamon and mace, and one ounce of cloves. Bring to the boil, lay the tomatoes in this syrup and cook for five minutes, remove, put into wide-mouthed jars, and boil the syrup for an hour, or until very thick. Fill the jars with the spiced syrup and seal.

Pickled Beets

DRAIN CANNED beets and cut into thick slices. Pack them into jars. Boil together a quart of vinegar and two pounds of brown sugar, and stir into them a saltspoonful of powdered alum. Skim off any scum that rises to the surface of the liquid. When the boil is reached, drop into the liquid a cheese-cloth bag in which are a half-teaspoonful, each, of whole allspice, mustard-seed, peppercorns, and cloves. Add a dash of paprika and a saltspoonful of salt. Boil hard for three minutes, and pour over the beets in jars. At the end of twenty-four hours drain off the liquid, boil again for five minutes, and pour over the beets. Seal the jars.

Spiced Pear Preserves

DRAIN CANNED pears, cut into long slices and weigh. For four pounds of fruit allow three pounds of granulated sugar, a quarter-pound of ginger-root, sliced very thin, six whole cloves, and the juice of two large lemons. Put into the kettle a gill of pear-liquor, the ginger-root and cloves, the sugar and the peel of a lemon, cut into thin strips. As soon as the sugar is melted, lay in the pears, simmer for ten minutes, take out and put into jars, boil up the syrup, and, when thick, pour it over the pears, filling the jars to the brim. Seal at once.

Pickled Cherries

DRAIN CANNED cherries and measure them. For every quart of the fruit put into the preserving-kettle a half-pint of vinegar and a heaping tablespoonful of sugar, adding, when this boils, a dozen cloves, and six blades of mace, broken into bits. Boil for five minutes, drop the cherries into the liquid and take from the fire. Leave for twenty-four hours, drain out the cherries, put these into jars and boil up the vinegar again. Strain out the spices and allow the vinegar to get cold before filling the cherry-jars with it. Seal and keep in a dark place.

Gooseberry Chutney

DRAIN CANNED gooseberries, and measure. To a quart of the berries allow two ounces of mustard-seed, two ounces of ground ginger, two-and-one-half ounces of brown sugar, ten ounces of seeded raisins, three ounces of salt, three ounces of garlic, and a quart of vinegar. Chop the garlic, raisins and gooseberries together, putting them through a fine meat-grinder to convert them to a paste. Add all the other ingredients and boil for three-quarters-of-an-hour. Add enough tumeric to make a good color, turn into jars and seal.

Spiced Plums

DRAIN CANNED plums, and remove skins and pits. Weigh the fruit, and to three pounds of it add a pound of sugar and a scant gill-and-a-half of vinegar. Put the vinegar, sugar and fruits into the preserving-kettle and stir in an ounce, each, of whole cloves and stick-cinnamon, broken into bits. Boil until very thick and turn into jelly-glasses.

Spiced Tomatoes

WEIGH CANNED tomatoes that have been drained from liquid. To three-and-a-half pounds of them allow two pounds of granulated sugar, a half-ounce, each, of cinnamon, whole cloves and allspice, a quarter of a grated nutmeg, and a half-pint of vinegar. Boil the vinegar and spices together, add sugar and tomatoes and boil until the mixture is very thick.

Chili Sauce

DRAIN THE liquor from canned tomatoes, and measure the drained vegetable. To two quarts of tomatoes allow a pint of onions, —the small, white ones, chopped,—a teacupful of brown sugar, four tablespoonfuls, each, of powdered cloves, allspice and cinnamon, a heaping teaspoonful of ground ginger, and a saltspoonful of cayenne pepper. Put the spices into the vinegar, and when hot, add the other vegetables and cook, steadily, for two hours. Set aside until cold, bottle and seal.

Pickled String Beans

DRAIN CANNED string beans, cover with boiling water, and boil for five minutes; drain, pack into jars, and fill these with boiling vinegar which has cooked for five minutes with a few cloves, allspice, and a half-dozen pepper-corns. Seal the jars, and set aside for several months before using.

Tomato Catsup

PUT INTO a preserving kettle four cans of solid tomatoes, and four peeled and sliced onions. Boil together until the onions are soft, press all through a colander, and strain through a fine strainer. Return the liquid to the kettle with a bunch of parsley, two bay leaves,



PEACHES AS FAR AS THE EYE CAN REACH

The trees are filled with the ripened fruit, ready for the canner, who gets them fresh picked from the orchard, thus guaranteeing the natural rich color and flavor.

a tablespoonful, each, of celery-seed, black pepper, whole cloves, salt and sugar, a teaspoonful of paprica and a half-teaspoonful of grated garlic. Boil for four hours, stirring often. When the mixture has boiled so long that it is reduced to two-thirds of its original bulk, add a pint of vinegar, and boil until thick. Take from the fire, strain, and, when cold, bottle and seal.

Sandwiches

FOR THE school luncheon, Sunday night supper and picnic, the sandwich is always popular, but the housekeeper is often sorely puzzled as to what kind of sandwiches to make. Anybody can use cold chicken and other meats, but she would like to prepare something a little out of the ordinary. For this purpose canned articles afford her a large and palatable variety.

Tomato and Peanut Sandwiches

DRAIN THE liquor from canned tomatoes and chop enough of them to make a small cupful of tomato-pulp. Work this into the contents of a jar of peanut butter, adding salt to taste. Spread between thin slices of bread.

Salmon Sandwiches

DRAIN A CAN of salmon, remove the bones, and flake the fish very fine. Dip a lettuce leaf in mayonnaise dressing, lay it on a thin slice of buttered bread from which the crust has been cut, put a layer of the flaked salmon on this, cover with another lettuce-leaf, and put on the upper half of the sandwich.

Tomato Sandwiches

DRAIN WHOLE canned tomatoes, and cut in thick slices. Make a French dressing, and dip each slice into it, then lay on a lettuce-leaf between slices of Boston brown bread.

Spinach Sandwiches

DRAIN THE liquid from canned spinach, cover with boiling water, salting slightly, and boil for five minutes, after which drain very dry, pressing out all moisture. When cold, chop the spinach as fine as possible, seasoning with a little mayonnaise and pickled cucumber, minced into tiny bits. Spread between buttered bread-slices.

Spinach and Anchovy Sandwiches

DRAIN CANNED spinach as directed above, squeezing out every drop of juice after boiling for five minutes. While hot, beat into a cup of spinach a heaping tablespoonful of melted butter, salt to taste, and a dash of white pepper. Rub in now a tablespoonful of anchovy paste, or an equal quantity of boned and chopped anchovies. If the paste is used, do not put the suggested salt into the spinach. When you have a smooth paste, spread it on the crustless slices of bread.

Fruit Sandwiches

MIX TOGETHER three tablespoonfuls of canned cherries,—stoned and chopped fine, the same quantity of canned and grated pineapple, and a tablespoonful of canned and minced apricots. Drain all the fruits dry from the liquor in which they were canned, and mix with a tablespoonful of very thick, clotted cream. Spread between thin crackers, and serve at once.

Strawberry Sandwiches

DRAIN CANNED strawberries, cover with sugar and set at the side of the range until the sugar is dissolved. Simmer for five minutes, take out the berries, add two tablespoonfuls of the strawberry liquor to the melted sugar and boil until a little dropped into cold water forms a ball between the fingers. Beat the whites of two eggs very stiff, and pour upon it gradually, beating all the time, the hot syrup, and as soon as this is all used, beat into the mixture the strawberries. Spread between thin crackers.

Green Pea and Egg Sandwiches

DRAIN A CUP of canned green peas and cover with salted, boiling water. Cook until soft, drain and rub to a smooth paste with the yolks of two hard-boiled eggs. Season with salt, pepper, and melted butter and spread between thin slices of white bread.



PICKING STRAWBERRIES

The luscious fruit is gathered fully ripe from the vines and canned fresh and crisp as nature perfected it for our enjoyment



Chicken Croquettes

OPEN A CAN of chicken some hours before using. Chop the meat fine, seasoning it with celery salt and white pepper. Cook together in a saucepan a tablespoonful, each, of butter and flour, and when they are thoroughly blended pour upon them a cup of rich milk,—part cream if you have it,—to which a pinch of baking soda has been added. Stir to a smooth white sauce, then add the minced chicken, season to taste, adding a pinch of nutmeg and a dash of lemon juice. When the chicken is smoking hot add to it gradually a beaten egg and take from the fire. Set aside until cold, and form into croquettes of uniform size. Roll each of these in beaten egg, then in cracker-dust and set in the ice-chest until they are very cold and the coating on them has stiffened. Fry in deep fat to a golden brown. Arrange on a platter and pour about the croquettes a white sauce into which a tablespoonful of minced parsley has been stirred.

Scalloped Chicken

CUT, NOT CHOP, the contents of a can of chicken into small pieces. Make a white sauce as directed in the last recipe, adding to it a gill of oyster-liquor. Butter a pudding dish and put in the bottom of it a layer of cut-up chicken, well seasoned, and scatter over this a layer of fine crumbs, then cover with the white sauce. Put in another layer of chicken, more crumbs and more sauce. Proceed in this way until all the ingredients are used. Sprinkle the surface of the scallop with fine crumbs, dot with bits of butter, and set in the oven. Cook until well browned.

Chicken Salad

OPEN A CAN of boneless chicken, and turn the contents into a bowl. Set this on the ice until chilled, first cutting the chicken into pieces a half-inch square. Measure the amount of chicken and to two cups of it allow a generous cup of crisp celery cut into bits. Mix the chicken and the celery together, seasoning with salt, pepper and a French dressing. Line a salad-bowl with lettuce-leaves, put the salad into it and pour over all a good mayonnaise dressing. Garnish with slices of hard-boiled eggs.

Barbecued Ham

CUT CANNED lunch ham into smooth slices. Put into a saucepan a generous tablespoonful of butter, and, when this is melted, lay the sliced ham in it. Leave until the meat is smoking hot, and beginning to get crisp. Transfer to a heated platter and keep hot while you add to the grease in the pan two tablespoonfuls of vinegar, a teaspoonful of sugar, a half-teaspoonful of French mustard, a dash of paprika and, last of all two tablespoonfuls of sherry. Stir to the boiling point, pour over the fried ham and serve.

Beef à la Milanaise

TURN A PIECE of canned beef into a roasting-pan, and pour over and around it a cupful of well-seasoned beef stock. Cover closely and cook for fifteen minutes or until the meat is heated through. Put it upon a warm platter and keep hot in the open oven. Put the pan with the liquor still in it on top of the range, add to it a great spoonful of stemmed sultana raisins and two tablespoonfuls of pine-nuts. Season with salt, pepper, and a tablespoonful of brown sugar. Stir until very hot, thicken slightly with browned flour, and stir in a tablespoonful of sherry. Pour over the heated beef.

Hot Beef Loaf With Bananas

TURN THE contents of a two-pound can of beef into a chopping bowl, and chop fine, adding as you do so a slice of cold boiled ham and a dash of paprica. Moisten with well seasoned stock or gravy and form into a loaf, adding a beaten egg to hold the mixture together. Put into a roasting-pan, and cover the meat-loaf with bananas sliced lengthwise. Pour a little gravy or stock about the meat, and cover closely. Cook until very hot, and until the bananas are soft all through. Transfer carefully to a platter, thicken the gravy and pour about the loaf.

Corned Beef Hash

TURN THE MEAT from a can of corned beef, and set in the ice-chest for several hours. Put through the meat-grinder and to a pint of the ground meat allow a cup of hot mashed potatoes. Put all together in a frying-pan, add a little boiling water and a generous lump of butter. Toss and stir until smoking hot, season to taste with salt, pepper and onion-juice, and serve very hot, granished with small triangles of toast.

Cannelon of Corned Beef

GRIND OR CHOP canned beef, and add to it a tablespoonful of tomato catsup, a tablespoonful of blanched or chopped almonds, and two tablespoonfuls of minced celery. Mix well, and add enough rich gravy to moisten the mixture. Form into a loaf, pour gravy over it and set in the oven until very hot. Serve with the gravy poured over and around it.

Chicken Tamale With Tomato Sauce

TURN OUT the contents of a can of chicken tamales, and drain. Lay the tamales in a double-boiler, and, when very hot, transfer to a deep dish and pour over them a cup of well-seasoned and thickened tomato sauce. Serve immediately.

Ox Tongue With Champignons

TAKE THE ox-tongue from the can and drain off the liquor. Put the tongue into a vessel set in an outer vessel of boiling water, cover closely and steam until very hot. Cook together a tablespoonful of butter and two tablespoonfuls of browned flour, and pour upon them one-and-one-half cups of beef stock that has been skimmed carefully, and seasoned well. Stir to a smooth brown sauce, add a wineglassful of sherry and lay the tongue in this sauce, turning it over until thoroughly coated with the gravy. Put the tongue on a deep platter; add a can of champignons drained from their liquor, to the gravy, bring to boiling-point and pour it over the tongue.

Beef In Batter

TURN OUT the contents of a can of beef and cut into slices. Put into a bowl a tablespoonful of vinegar, three tablespoonfuls of salad oil, a saltspoonful of salt, and a quarter-saltspoonful of white pepper. Mix well, and lay in this dressing the sliced beef. Leave for an hour, or longer. Drain dry, dip each slice into fritter-batter, and drop into deep, boiling fat. Cook to a golden-brown and serve very hot.

Chicken Curry in Rice Cups

BOIL A CUP of rice until tender, in slightly-salted water, drain, and while hot, pack it into muffin-cups or tins, first greasing these slightly. Press the rice down as hard and firm as possible. Set aside until cold and put into a cold place for twelve hours. With a teaspoon scoop out the rice carefully from the centre of each tin, leaving a thick wall of rice about the sides and a half inch thickness at the bottom. Turn these rice-cups out upon a deep platter, and set this over a vessel or pan of boiling water in a hot oven. Cover closely and get very hot. Open a can of curried chicken, drain off the liquid, chop the meat fine, then return it to the liquid in which it was canned, and put into a saucepan. Stir until very hot, add a gill of thick tomato sauce, and fill the rice cups with this mixture. Serve at once. If it is liked, a tomato sauce seasoned with curry-powder may be poured about the base of the rice cups.



PICKING STRING BEANS

In two hours time they will be in hermetically sealed cans, fresh and tender as from the vines

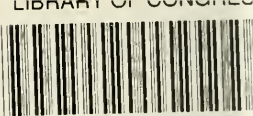


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